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metronews.ca Tuesday, August 6, 2013

Blurred lines. Time for rules on asking candidates personal questions?

Candidates for the leadership of the Manitoba Liberal Party are being asked about their finances, their spouses, their children and more.

The personal nature of the questions, says one expert in privacy law, demonstrates a need for new rules governing how political parties gather and keep personal informa-

"The reality is that there aren't (privacy) laws that apply directly to political parties for most of their activities," said Brian Bowman, a Winnipeg business lawyer who specializes in privacy issues.

"I wouldn't say that they contravene legislation, but certainly the type of privacy-invasive questions that I'm seeing here would make me question whether or not they're meeting the spirit and the intent of the privacy legislation that Canadians rely upon in their interactions with government and the private sector."

An eight-page questionnaire given to candidates for the provincial Liberal leadership includes several personal questions, including queries about Child and Family Services, past or potential bankruptcy, names of spouses and children, and whether they have ever served on a government agency, board or commission.

The Liberals say the questions are aimed at ensuring that candidates are ready for public office. THE CANADIAN PRESS

Newborn kittens left tied in bag

The head of a Winnipeg kitten rescue organization was shocked when four 10-dayold kittens were found abandoned and tied-up in a plastic bag in the city this weekend.

The four kittens were found in a field near Selkirk Avenue Sunday afternoon, and the Winnipegger who found them quickly took the little felines to Craig Street Cats.

"These four kittens would not have survived the night," said Lynne Scott, executive director and founder of Craig Street Cats, in a release Monday. "Kittens this young cannot regulate their body temperature so they would have died from exposure to the elements.

"This is a clear case of animal cruelty."

Craig Street Cats is now

tasked with bottle-feeding the kittens and providing around-the-clock care for the next two to three weeks, until the kittens can eat on their own and are ready for adoption.

Donations to help pay for the veterinary care costs the kittens will need can be made at craigstcats.ca, or in person at the Craig Street Cats Adoption Centre at 489 Madison Street. metro



These four 10-day-old kittens were found abandoned in Winnipeg

WPGParkingFail site shames bad parkers

Angry public's service.

Website, launched in July, gets about five submissions daily

STORY

inen@metronews.ca

Keep it between the lines, people.

WPGParkingFail.com is a new website designed to publicly shame Winnipeg's worst parkers. The site — which went live on July 22 — had received almost 10,000 hits as of Thursday.

"I was shocked nobody had thought of this before," said WPGParkingFail's creator and webmaster, who prefers to stay anonymous.

"What gave me the idea actually was a few weeks ago there was a group in the West End taking pictures of johns picking up prostitutes and putting the photos on Face-book. I thought 'Oh, I should do that with parkers.' That got the gears going in my

If you see someone parked in a No Parking zone, taking up multiple spots or occupying a fire lane, you can send a photo to info@WPGParking-Fail.com.

Submissions should include a clear photo of the vehicle and the parking infraction, the surroundings, the date, time and location and for shame's sake, the license plate.

WPGParkingFail's creator says he's been receiving five or six submissions a day. He says there's nothing wrong with shaming poor 'Peg par-

"I'm not reporting anything. I'm not calling the cops or anything like that. It never even crossed my mind that some might feel it's inappropriate. I just wanted to have some fun," he said.



owner on July 27 at a restaurant in St. Vital. COURTESY WPGPARKINGFAIL.COM

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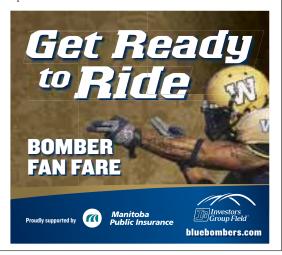
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NEWS

Luck-orama of the Irish

Ian Gott, left, Emily Chartrand, Mitchell Proulex and Ivanka Watkin were among the performers who shook the stage at Folklorama's Celtic Ireland Pavilion at the Fort Garry Curling Club Sunday. Folklorama kicked off Saturday and runs until Aug. 17. SHANE GIBSON/METRO

Suspension bridge swings again in Souris

It's back. Tourist attraction up again after floods forced it down



GIBSON

The Town of Souris got back into the swing of things last weekend after flooding forced the southwestern Manitoba community to sever its most

well-known tourist attraction two years ago.

Work to rebuild the town's suspension bridge follow-ing the flooding of 2011 has progressed to the point that people are invited to once again walk across the swaying

But it's just a sneak peek of what's to come, explained Souris' mayor Darryl Jackson.

"The contractor and the engineering firm that designed it want some traffic over it, so we're having what they call a soft opening," he told Metro. "They're hoping to get some feedback from



The swinging suspension bridge in Souris opened Saturday for the first time since flooding forced the town to cut it down in 2011. COURTESY TOWN OF SOURIS

people about their experience on it.

"Then they'll do some tweaking, some calibrating until they feel the swing is in order... and then we'll have an official ribbon cutting cere-

The \$3.9 million project has taken a little over a year and a half to complete, and

the bridge will be the third the town has had to put up since the first span was built in 1904.

Jackson said modern safety regulations mean the new bridge might not have quite the same "bounce" as the last two had, but he noted the extra length added to each end of the bridge to meet

 The bridge will be open until Aug. 11, when it will close for a few days while crews complete the finish touches in time for a grand opening scheduled for Aug. 17.

those regulations has given the town the honour of once again having the country's longest suspension bridge.

We used to have that designation and then in the early 2000s there was one built over a canyon near Thunder Bay that was a little longer than ours," he explained. Now with this one, because of where it's anchored, we'll be able to reclaim that title — it's going to be 184 metres long from tip to tip."

Having the bridge back will be a big boon for tourism for the town, which Jackson said has seen a drop in visitors

without their bridge.

"It's huge for us," he said. "We're a tourism town."

metronews.ca Tuesday, August 6, 2013 **NEWS**

New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the

night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

She said the snake was later captured and was in the possession of police.

Rogers-Marsh said autopsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday. The canadian press

Brazil. Petition calls for return of Chico the pet monkey to adoptive family

When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thou-sands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of Nature's Red List of threatened species, as the tufted capuchin monkey has been.

But the Carmona family contends Chico is completely domesticated and might not survive the stress of separa-

When the officers came to their house in the city of San Carlos on Saturday, Chico grabbed onto Carmona and hugged her tight, one of the woman's sons, Everaldo Furlan, told the Globo television

Carmona said she was devastated when he was pulled

THE ASSOCIATED PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her twomonth-old daughter in a Craigslist ad and tried to sell the baby for \$100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated. THE CANADIAN PRESS

events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored. ... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room

On June 29 of this year, participants of St. Petersburg's fourth Pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay rights activists. At least eight of the anti-gay protestors made it past the police barrier and purportedly punched activists to the point of bleeding.

The violence toward gays in Russia comes in the wake of a contentious new law imposing fines on people accused of spreading "propaganda of non-traditional sexual relations."

"The aggression towards LGBTQ people in Russia has always been very active," Coolen said. "The difference the new law has made is that it has basically given permission to the hate-mongers to act openly violently towards

Standing up

As a co-founder of the first ever Pride House at the 2010 Winter Olympics in Vancouver, Ken Coolen said he's dismayed Russia will enforce its gay propaganda laws at the upcoming Sochi Games.

"I hesitate to make this comparison, but in 1936 the Olympics were held in Germany and people chose to look the other way and we saw how horrifically that turned out.

"We need to make sure that we stand up for the human rights of others."



LGBTQ attacks in Russia nothing new

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

JARED STORY

A Canadian documentarian says the violence and fear recently seen at a gay pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride

for fear of retribution."

Pageant winner accused of throwing bombs

A young beauty pageant winner in the U.S. is accused of throwing makeshift explosives from a car.

Kendra McKenzie Gill recently crowned Miss Riverton, Utah — and three other 18-year-olds were arrested Saturday after allegedly throwing the homemade bombs at least nine times.

Police said they admitted

buying plastic bottles, aluminum foil and household chemicals before assembling the

"They were throwing them at both property and people," Unified Fire Authority Capt. Clint Mecham told KUTV-TV, adding that nobody was injured. "This goes well beyond a teenage prank."

Fire officials said the de-

vices — which can spew caustic chemicals and shrapnel when they burst — can be dangerous.

They can do a great deal of damage to property," Mecham told KSL-TV. "They can sever limbs. They can even kill

Gill was booked on suspicion of 10 counts of detonating an incendiary device.

THE ASSOCIATED PRESS



metronews.ca
Tuesday, August 6, 2013

A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product, held in London on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.

Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder

of Google, appeared on a video shown at the event and announced that he funded the \$330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.





Beauty products. Revlon buys Colomer for \$660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about \$660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about \$315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon Color-Silk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

THE ASSOCIATED PRESS



Tech. Without iPad launch, tablet shipments stagnate

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors."

Apple usually releases a new iPad in the spring, but it has moved to fall launches to take advantage of the holiday shopping season. THE ASSOCIATED PRESS

Hey baby — tell us who you're wearing

Royal sales boost.

New York-based swaddle maker is swamped after Prince George is pictured wearing its birdie product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, bloggers identified the item as being from New York-based aden + anais. Within four hours of George's appearance, the firm's website crashed. The next day,

Join the queue

- The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about \$71).
- So be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the U.S.

it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

THE ASSOCIATED PRESS

Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinct little birds. THE ASSOCIATED PRESS FILE

Research

Governments, industry form pipeline group

At least three governments and two energy industry groups are leading what they hope will be a "pan-canadian" approach to find ways to improve the country's pipelines.

As three controversial megaprojects generate headlines across the country, the Canadian Pipeline Technology Collaborative is to look for ways to make the system safer and more efficient, said industry spokeswoman Brenda Kenny.

"The program objective is, number one, technology development," said Kenny, who is with the Canadian Energy Pipeline Association.

Alberta, B.C. and Natural Resources Canada, as well as the Canadian Association of Petroleum Producers and the pipeline association are setting up the collaborative. THE CANADIAN PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

THE ASSOCIATED PRESS

Publishing

Amazon founder buys Washington Post for \$250M

Amazon.com founder Jeff Bezos is buying The Washington Post and other newspapers for \$250 million US. The longtime publisher, The Washington Post Co., announced the deal Monday. Bezos is buying the paper as an individual. Amazon.com Inc. is not involved. THE ASSOCIATED PRESS



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metronews.ca Tuesday, August 6, 2013 metr⊕ **VOICES**

MOVING BACK HOME IS NOT SO YUCKIE

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations somewhere between finishing grad school and becoming gainfully employed - was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nose-dive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling



Jessica Napier

36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring - only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUČKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement

savings in the process. At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards, rather than forward, it doesn't have to be that way.

When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family, and myself, and I developed a new appreciation for my parents as interesting adults, not just mom and dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with

your parents, try to focus on progression, not regres sion. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be

valuable - not to mention budget-friendly — experience. Follow Jessica Napier on Just don't get too comfortable.

Twitter @MetroSheSavs



ZOOM

Here's something you do see every day



Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Old meanings stripped

What is the idea behind your photographs?



NICK ALBERTSON

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic

references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS



Last year it was waving bears; this year it's dancing bears. With members of the Ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day 1, but other bear parties have stepped onto the stage via YouTube.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to when we pesky humans aren't around - and it's a party. They really like to party.

Beariacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello: In case you missed it the first time



around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



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SCHI

DVD reviews



The Place Beyond the Pines

Director. Derek

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

••••

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that con-cludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL



Taking arms against a Sea of Monsters

Percy Jackson.

Actress Alexandra
Daddario says franchise
celebrates that special
thing inside of us that
makes us strong

STEVE GOW

scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would

see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than \$225 million worldwide. That would surely be enough to convince

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about

the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are you (may) not literally be a god or find out that you have literal powers - but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."



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Industry funding recycling

metronews.ca Tuesday, August 6, 2013



Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occa-

sions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."

It don't mean a thing if it ain't worth some sing



Fair warning to potential Taylor Swift suitors: The singersongwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."

Our baby has a first name, it's L-u-n-a!



Penelope Cruz and Javier Bardem's newborn baby girl reportedly has a name, and it's Luna Encinas Cruz, according to Spanish magazine Vanitatis. The magazine reports that the happy couple registered the new baby at Madrid's registrar office last week, though the actress' rep has not commented on the baby's name. Cruz and Bardem also have a two-year-old son, Leonardo.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Of cheesy Chads, messedwith Mileys and much-toofamous felines



STARGAZING Malene Arpe scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

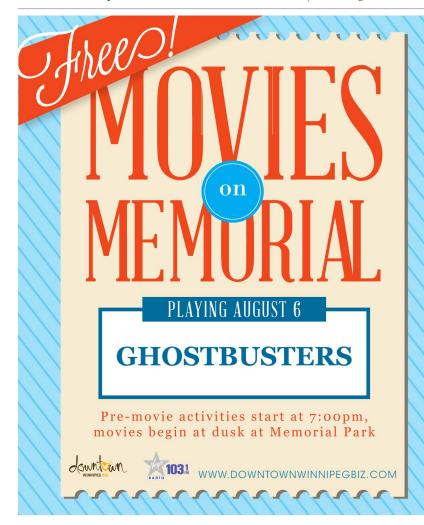
Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. There is now a line of Grumpy Cat coffee called Grumppuccino. That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the \$695 peasant dress for sale on her website.



Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS



Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation, without losing the lift of the shoulder blades and with both feet touching the floor at the same



Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.



Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in

the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30

Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax

even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes. This is suitable for all levels. Just

getting your legs up the wall brings good oxygen flow into the lungs, into the throat where the thyroid and the parathyroid are, both instrumental in the hormonal regulation of sleep," San-

filippo





WINNIPEG, THE CHOICE IS CLEAR.

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Commodity Exchange Tower, 20th floor





metronews.ca Tuesday, August 6, 2013 metr⊕

Lentil Feta Salad: To add shrimp or not? It's up to you





ROSE REISMAN or more, visit osereisman.com or follow

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

- 1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.
- Sauté or grill tiger shrimp for about 5 minutes or just until cooked.
- 3. In a large bowl, stir togeth-

er the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions • 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Catfish got your tongue?



NUTRI-BITES Theresa Albe

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

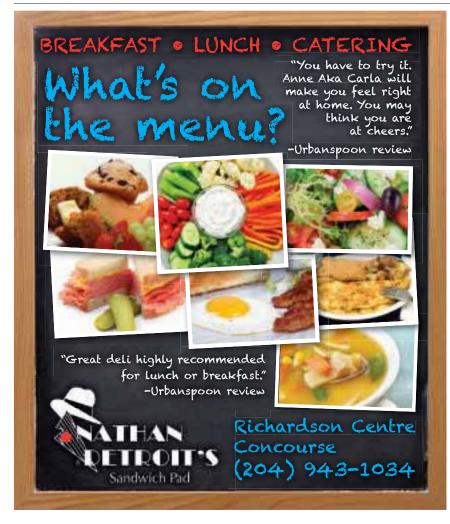
Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife

Fund or others.

Some of the sustainable practices that are showing

- 1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bot-
- 2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.
- 3. No antibiotics, dyes or hormones were used.
- 4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

One of the few farmed fishes that meets this criteria is U.S. Farm-Raised Catfish. THERESA ALBERT IS A FOOD COM-MUNICATIONS SPECIALIST AND PRI-VATE NUTRITIONIST IN TORONTO, SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDIN-



Into the sea for salad



This Scallop Salad with Carrot-Ginger Dressing serves four. MATTHEW MEAD! THE

- **1.** In a blender, combine the carrot, ginger, white parts of the scallions, rice vinegar, soy sauce, chili-garlic sauce, sesame oil, 1/4 cup of the vegetable oil and the water. Purée until very smooth. Set aside.
- 2. In nonstick skillet over medium-high, heat the remaining tablespoon of oil. Sprinkle the scallops on both sides with salt and pepper, dip them lightly in the flour, coating them on both sides and shaking off the excess, then add them to the

- 1 cup chopped carrot • 1 tbsp grated fresh ginger
- 4 scallions, sliced, white and
- green parts kept separate
- 3 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 to 4 tsp chili-garlic sauce • 2 tsp toasted sesame oil
- 1/4 cup, plus 1 tbsp vege-
- table oil, divided • 1/4 cup water
- 1 lb sea scallops, tough
- muscle discarded and scallops patted dry
- Kosher salt and black pepper
- 1/2 cup all-purpose flour
- . 6 cups arugula
- 2 cups chopped cucumber
- 1 mango, peeled, pitted and
- 1/2 cup toasted peanuts

pan. Reduce heat to medium and cook the scallops until they are just cooked through, about 3 minutes per side.

3. Divide arugula, cucumbers and mango among 4 salad bowls. Top salads with scallops, scallion greens and peanuts, then drizzle 3 tablespoons of the dressing over each salad. Serve. THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

metronews.ca
Tuesday, August 6, 2013

RELATIONSHIPS / YOUR MONEY 13

Best financial strategy? Go simple



YOUR MONEY Alison Griffiths money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for

simplicity is positive.

Focus on what you really care about, then choose

a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid \$5,000 during the housing\ renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won

This smart lady thought

about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

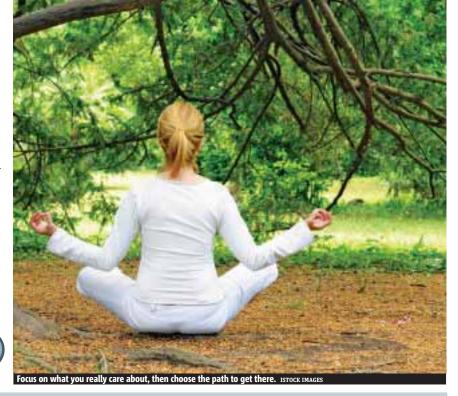
And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@ gmail.com or alisongriffiths.ca



For some, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN

Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event plan-



ner Sarah Pease. "Now it's an everyday thing." A recent David's Bridal

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds

after we said 'I do."

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says. Pease says she's seen wellmeaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

SPORTS



Lulay bruises Bombers in bounce-back game

CFL. Lions' offence roars to life while Winnipeg's wilts

Travis Lulay passed for three touchdowns as the B.C. Lions beat the Winnipeg Blue Bombers 27-20 on Monday.

The Lions improved to 4-2 while the Bombers (1-5) suffered their fourth consecutive

Lulay got his team back in the end zone after it was held without a TD for the time since 2005, a span of 131 games, in a loss to Toronto last week.

He had subsequently seen the end of a 36-game touchdownpassing streak come to an end.

Lulay's third touchdown pass of the game, to Courtney Taylor with just over six minutes left in the game, clinched the win for B.C. as it staked the Lions to a 26-17 lead.

The scoring drive was aided by Winnipeg coach Tim Burke's questionable decision to have punter Mike Renaud concede a safety with 10:36 left in the game, giving the Lions a 19-17 lead and putting B.C. in good field position after an ensuing kick-off.

Shawn Gore and Korey Taylor also scored touchdowns for the Lions. Paul McCallum produced B.C.'s other points on a field goal and single off a miss. Lulay completed 28 of 39 passes for 268 yards.

Chad Simpson and quarterback Justin Goltz ran for Winnipeg touchdowns. Justin Palardy provided a field goal and a single off a missed field goal, while Renaud's two singles accounted for the Bombers' other points.

Goltz completed a modest 13 of 27 passes for just 112 yards and an interception.

The Bombers gave B.C. an early scoring opportunity as Aaron Woods fumbled on the opening kick-off after being hit hard by Solomon Elimimian.

Stu Foord recovered for B.C., and the Lions advanced to the Bombers' nine-yard line. But the Lions were forced to settle for a McCallum 27yard field goal after Lulay was sacked for a 10-yard loss.

THE CANADIAN PRESS

NHL

Coyotes staying in desert for now

After years of wondering in the desert, the Phoenix Coyotes' ownership saga appears to be over.

An arena lease out clause could bring into question where they're playing five years from now, but on Monday the NHL finalized the sale of the Coyotes to the IceArizona group led by Renaissance Sports & Entertainment's George Gosbee and Anthony LeBlanc. Approval of the \$170-million U.S. sale came from the board of governors, which ended the league's ownership of the beleaguered franchise.

"This was an incredibly complicated deal that didn't get wrapped up quite literally until 8 o'clock this morning after pretty much a full weekend of working on it going through the night," LeBlanc said. "No rest for the weary, as they say, and we're jumping right in now.

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to a knee injury for the remainder of the season.

Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice.

The six-foot-three, 215-pound slotback is third among the Alouettes this season with 18 catches for 197 receiving

THE CANADIAN PRESS

A-Rod digs in for PED battle with MLB



on Monday night in Chicago.

Alex Rodriguez stepped up to the plate greeted by a standing boo-vation and blooped a single in his first at-bat of the season.

Hours after Major League Baseball suspended the New York Yankees star through the 2014 season in the Biogenesis drug case, Chicago White Sox fans got their say Monday

And, boy, did they let him

They jeered him during pre-game warmups and introductions, and they really tore into him when he walked to

the batter's box leading off the second inning.

On the third pitch, Rod-

riguez dunked a hit into shallow left field. He made it to third base with no outs, but was stranded.

Rodriguez did not deny using performance-enhancing drugs in a news conference at U.S. Cellular Field after the punishment came down, and he said he will talk about whether he used PEDs at another time when he is more free to speak.

He did dig in for a battle, saying no one else will defend

Set to appeal

"If I don't defend myself. no one else will."

Yankees infielder Alex Rodriguez

him unless he stands up for himself. Then, he took to the field, starting at third base and batting fourth against the White Sox.

"There's nothing about it that's been easy," Rodriguez said. "All of it has been challenging. I'm sure there's been

mistakes made along the way. We're here now. I'm a human being. I've had two hip surgeries. I've had two knee surgeries. I'm fighting for my life. Ĭ have to defend myself."

The three-time MVP was one of 13 players disciplined on Monday, one of the biggest mass suspensions in the history of the game.

Rodriguez will appeal his suspension, and that means he will likely be able to play the rest of this season while his case winds through arbitration. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

↑ Aries

March 21 - April 20

Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

Taurus April 21 - May 21

You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

II Gemini May 22 - June 21

Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

9 Cancer

June 22 - July 23 You have to move in a new

direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

W Virgo Aug. 24 - Sept. 23

Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

△ Libra Sept. 24 - Oct. 23

If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

M Scorpio

Oct. 24 - Nov. 22

You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

₹ Sagittarius Nov. 23 - Dec. 21

You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

6 Capricorn Dec. 22 - Jan. 20

No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights and other people's too.

Aquarius Jan. 21 - Feb. 19

There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

H Pisces

Feb. 20 - March 20

You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Beach castle material 5. Small (partially eaten here) peachin-colour fruit 9. Attires 14. O's telephone letters 15. "___ the other hand..." 16. Habituate 17. TV talk show sketch on SNL hosted by Mike Myers character Dieter 19. '50s group, Frankie __ & The Teenagers 20. Nary _ (Nobody) 21. Sleep some 22. Blood, __ & Tears 23. Full range 25. BC's River Hot Springs Provincial Park 26. Museum of at the University of British Columbia (tourist attraction which is also a research/teaching institute) 30. Canadian airline with a racoon mascot 31. Rice: French

14 20 22 36 40 42 53 60 61 63 64

41. One __ customer: 2 wds. 42. Singer Mr.

Cooke's 44. Never: German 46. Our Lady Peace

48. BC city; or, third in line to the British throne: 2 wds.

51. Pandemonium 53. Fishhook line

54. Heaps 55. Pretzels brand 56. "Why should _

60. Elliptical path 61. Salary systems:

2 wds. 63. State bordering QC and NB 64. "Woe

65. Neytiri, for one, in "Avatar" (2009)

66. "...I thee wed." locale

67. Russian refusal 68. Loved __ (Cherished people) Down

1. Baseball's Sammy 2. Smartphone addons

3. Fictional detective Mr. Wolfe 4. Rainfall shortage

time 5. Informally fine

6. Prior-to-thewedding contract, commonly 7. Shoulder's __ cuff 8. Cartoon guy Gadget's li'l rank

9. Montreal-born actress Jessalyn 10. Besides, variantly 11. Bruce and Demi's

actress daughter 12. Wide-ranging 13. Faxed

18. Bordeaux wine 24. Toronto-born actor Rick

25. Cough drop 26. Li'l rental units 27. Ms. Ephron 28. Barbershop

reauest 29. Actress Ms. Tvler

33. Old Roman road 34. Movie director,

Nicolas 35. "The Sweetest Taboo" singer

38. Can 40. Celt's language 43. Avenue in Toronto, also a

subway station 45. 'Fumbling Towards __': 1993 Sarah McLachlan

album 47. Ash-and-lava mountain

49. Team's player 50. Digestive aid

51. reef 52. Nun's outfit

54. __ Linda, California 55. __ arms (Really

angry): 2 wds. 57. Mr. Thicke

58. Dream: French 59. 'Photosynth' suffix

62. Kit

Friday's Crossword

32. John A. Macdon-

ald, and others

36. Uni + Bi = ?

37. Ink-on-skin pic

39. Eggplant, e.g.

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Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudo

В	3	5	6	2	1	4	7	9
9	7			8		6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
6	1	2	9	4	8	7	6	3
3	5	6	4	.8	7	8	2	- 1
1	8	9	2	6	а	5	4	7
2	4	7	8	1	5	3	В	6

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TODAY

MAX: 19°

MIN: 9

WEDNESDAY

THURSDAY





JENNA KHAN WEATHER SPECIALIST " WFFKDAYS 6 AM

BT BREAKFAST TELEVISION



(🚣



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